

ABSTRACT OF THE DISCLOSURE

Implementation is directed to selectively inhibiting estrogen production and providing estrogenic effects in a human body. A dietary supplement includes a processed *Morinda citrifolia* product that is used to inhibit aromatase or aromatase enzymes that function to convert androgens to estrogens, inhibit receptors from binding with estrogen, and reduce and/or regulate estrogen production, as well as reduce the amount of estrogen produced within the body and regulating such production. The dietary supplement further provides estrogenic effects. The present invention methods and compositions effectively function to treat estrogen-dependent cancers, and particularly inhibit, destroy, and reverse the effects of of estrogen-dependent cancerous tumors through the introduction into the body (e.g. ingesting) a safe, pre-determined dosage of a naturaceutical composition formulated with or comprising one or more processed *Morinda citrifolia* products for a safe, pre-determined duration.

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